

Texas Talks

Nutritional Health Worksheet

Eating healthy is important for aging and living well. Adding a variety of nutritious foods to your diet can help maintain a healthy immune system, which can improve our ability to recover from illness or injury while reducing the risk for chronic disease. Good nutrition and eating habits can be developed at any age. This worksheet can help you and your older loved one gain insight into personal nutrition habits, which can be a starting point for improving their nutritional health.

Food Log Exercise

For three consecutive days, record the number of servings of each food group that you or your older loved one eats over the course of one day.

Date	Fruits	Vegetables	Grains	Protein	Dairy
Example	III	II	III	0	I

Self-Reflection Questions

1. Based on the completed food log, does the pattern of eating seem balanced?
2. Is any one day on the log different from the others? If so, why do you think that is? If not, do you notice any overall eating patterns?
3. Do you have any nutritional concerns that might warrant seeing a health care provider?